

TMI Focus



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HEALING HANDS

by Laurie A. Monroe



Each one of us has the ability to open to greater awareness of the universal energies and the energy of spirit. These energies exist all around us, and the more we invite spirit to penetrate the denseness of matter, the more our consciousness can encompass.

Last year, I was fortunate to be able to attend the annual Instrumental Transcommunication (ITC) conference in Brazil. After the ITC meeting, our group traveled to several spiritual sites. One of our destinations was the Frei Luiz Center, located near Rio de Janeiro. Frei Luiz is on the other side. He bequeathed his home as a philanthropic, non-profit institution, which provides both social assistance to needy people and spiritual assistance and treat-

ment for the general public. We were asked to prepare ourselves by eating fruits, vegetables, and having no meat, no alcohol, and no cigarettes for two days prior to the scheduled session. We were to wear white clothing and dress comfortably for the event. I had heard of "spiritual healers" in Brazil and was fascinated to be able to participate in an actual session. Prior to leaving the hotel, I listened to *The Visit* and stated my intent to be one with spirit.

Upon our arrival we were greeted by Tais, a wonderful woman who has been operating the facility with her father for the past twenty years. After giving a brief history of the center, she announced that the Doctors were ready. The waiting room was dimly lit with a soft red

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TRAVELING THE INTERDIMENSIONAL INTERSTATE

by Jo Buchanan



Jo Buchanan is a clinical hypnotherapist, author, and meditation teacher. She is a magazine columnist and a frequent television and radio guest. For the past four years, Jo has taught meditation and healing in women's maximum security prisons. She has recently introduced inmates to the Positive Immunity series and Opening the

Heart, while *Opening the Way* has become a resource for prisoners who are pregnant.

I'd dreamed of attending a Monroe Institute program since reading *Journeys Out of the Body* in the late seventies, but living in Sydney, Australia, made doing so seem out of the question. In 1997,

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PSI AND HEMI-SYNC (PART 1)

by Linda Leblanc



Linda Leblanc, a graduate of three TMI residential courses, has had an interest in psychic phenomena from an early age. She is a co-

founder and director of PSYCHOGNOSIA, a not-for-profit multidisciplinary research center for the study of anomalous phenomena, based in the Eastern Mediterranean island of Cyprus.

Since completing three TMI courses, I have noticed a marked increase in my sensitivity, intuition and psychic ability. In my opinion, the continued use of Hemi-Sync has had the effect of enhancing these often misunderstood phenomena. There has always been a high degree of public interest in the paranormal, but now even businesses are getting involved in research. Some years ago, SONY set up its own parapsychology research laboratory. With the US government-funded studies into remote viewing (the psychic spying project labeled "Stargate") now in the public domain, further debate on the topic of psychic functioning has been sparked.

In 1995, the CIA undertook an overall assessment of the "Stargate" program with some interesting results. Jessica Utts, a Statistics Professor at the University of California at Davis, and Ray Hyman, a well-known critic of experimental methodology in psychic research, were commissioned to conduct the review. Utts' assessment was quite positive, stating, "At this stage, using the standards applied to any other area of science, the case for

psychic functioning has been scientifically proven." Hyman, while remaining unconvinced, found no problem with the research protocol and stated, "The case for psychic functioning seems better than it ever has been." Strangely, the CIA concluded that remote viewing had not been used successfully in actual operations, ignoring evidence to the contrary. The existence of psi is now generally accepted as proven, based on an analysis of laboratory data collected in scientific studies conducted by parapsychologists. Recently, even the long-skeptical Hyman agreed that investigations should now move away from proof-oriented experiments and focus on how the phenomena work.

In my quest further to understand the paranormal, I completed a course in the summer of 1997 at the Rhine Research Center (RRC), Institute for Parapsychology—the successor of the world-famous lab headed by Dr. J.B. Rhine for three decades

at Duke University. RRC is internationally known as one of the premier research and educational centers for the scientific study of psychic phenomena. Amazingly, there are only a handful of scientists working full-time on parapsychological research, with fewer than ten laboratories worldwide active in this field.

The two-month Summer Study Program (SSP) is held at the home of the Institute, a charming historic residence adjacent to Duke University, in Durham, North Carolina. This well-respected course is the pre-eminent training ground for future parapsychologists. An impressive array of subjects are covered. Lecturers are some of the world's leading researchers of psychic phenomena. The SSP focuses primarily on experimental parapsychology—the methods and findings of laboratory research into extrasensory perception (ESP) and psychokinesis (PK), and the controversies and implications of these findings for science and society. Spontaneous phenomena such as

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Lucid Dreaming — Part 1

This month we are pleased to present to you the first in what may become a four-tape album specifically designed to promote lucid dreaming. The Hemi-Sync has been programmed to follow an average human sleep cycle (approximately ninety minutes) and to guide you through all of the stages of sleep up to REM. The progression of techniques used in the series has been successful in clinical studies and should yield the desired results within six weeks of continued use. The first part of the journey is undertaken in this tape exercise which will wake you at the end of your first REM period. It will do so in order to begin to train you to become aware while in the sleep state. All this journey requires is an autoreverse tape cassette deck, a pair of headphones, and your conscious intention. Sweet dreams!

IN APPRECIATION OF HELEN

“Well, hello! You must be (name). It’s so good to finally meet you in person. Here, let me give you a big hug!”

It’s hard to know how many participants over the years were greeted and so lovingly embraced in this manner by our registrar, Helen Warring, but surely the number must be somewhere in the thousands. Whether stepping out of the airport van or stopping in her office during an afternoon break, Helen’s radiance encompassed you like an effervescent champagne, making you feel as though you were the most important person in her universe at that moment — and you were.

It seemed she was always on the phone, where she played more roles than exist in most major theater productions — ambassador,

promoter, sales rep, cheerleader, mother superior, therapist, metaphysician, confidante, tutor, student, cajoler, problem-solver, financial advisor, diplomat, travel agent, and comedienne, to name a few.

For TMI staff, among other things, Helen was the keeper of the flame. Throughout the many years of her loyalty to and love for Robert Monroe, she was passionate in her devotion to the Institute’s mission, and to her own vision of a planet evolving at an increasingly accelerated rate into the higher vibrations of a unified and universal consciousness of Love. To this end, she was and continues to be the consummate seeker — reading, studying, meditating, consulting with experts, sharing ideas, her own enthusiasm

a contagion which inspires others to reach higher, mine deeper, explore even farther. Since her resignation from her position in March, we’ve been asked many times, “Have you found a replacement for Helen?” The answer is obviously no; that’s not possible. There will never be another Helen. Her indomitable spirit, however, continues to permeate the activities of the Institute, a lingering presence and legacy for all that we strive to accomplish and to exemplify.

Thank you, Helen, more than you can ever know, and may many blessings accompany you along the sacred journey of your heart.

Darlene R. Miller, PhD
Director of Programs



DEC service has supported health and healing since 1991. To personally engage in this work, contact Shirley Bliley, DEC Service Coordinator, at (804) 361-9132, write to her at The Monroe Institute, 62 Roberts Mountain Road, Faber, VA 22938-9749, or send e-mail to MonroeInst@aol.com. The annual fee of \$35 for Institute members and \$50 for non-members includes the DEC Hemi-Sync tape, coordination of specific healing requests, and quarterly reports on DEC activity, dolphins, and anomalous healing research.



COMPUTE LOCAL SIDEREAL TIME (see page 8)

Sidereal time is the hour angle of the vernal equinox, the ascending node of the ecliptic on the celestial equator. The daily motion of this point provides a measure of the rotation of the earth with respect to the stars, rather than the sun. Local mean sidereal time is computed from the current Greenwich Mean Sidereal Time plus an input offset in longitude (converted to a sidereal offset by the ratio 1.002737909935 of the mean solar day to the mean sidereal day). Applying the equation of equinoxes, or nutation of the mean pole of the Earth from mean to true position, yields local sidereal time. Astronomers use local sidereal time because it corresponds to the coordinate right ascension of a celestial body that is presently on the local meridian.

You can learn more about sidereal time on our web site (<http://www.MonroeInstitute.org/>). You can link to the original research by James Spottiswoode and to a web site that will calculate your sidereal time. You can also download a clock for your Windows '95 PC that will tell you your local sidereal time.

HEALING HANDS

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light. We were asked to pray. The four Doctors who would perform the healing were non-physical. The physical doctors do this work separately from their regular medical practices. They carefully explained that they were merely conduits for the energy of the physicians on the other side.

I was among the first half of our group to enter the treatment room. As I lay on the bed, my state of awareness deepened and expanded. When one of the doctors moved his hands a few inches above my body, it felt as if I were physically expanding upward. As he moved to the person beside me, I continued to breathe deeply, opening to this loving and sensitive energy. After everyone present had been treated, the doctors and Tais stood talking softly in the middle of the room. I lay quietly and sensed the energies of many spirits moving all around me.

Tais came over to me, held my hand, and explained that the spirit of Frei Luiz was there with us. She

whispered in my ear, "He is asking you to be the one to have surgery for the group. The healing has taken place, yet the physical manifestation needs to be seen so that others will believe." As the doctor came over to me, I reaffirmed my intention. Gently, he touched me physically just below my rib cage. Then it felt as if his entire arm was inside my body in that area. There was no pain. Slowly, a tingling sensation moved throughout my entire body and narrowed to a feeling of vibration up and down my spine. I focused on the energy as it moved up through my body in a circular kind of motion. It was flowing in and through me and back to the source. I felt secure and full of love, at one with this energy. The doctor then removed his hand from my physical body and worked with the energy surrounding me. An aquamarine crystal materialized in his hand as it moved above my heart. He handed it to Tais and stepped away from me. As I lay there in

total gratitude, Tais put the crystal into my hand. It was extremely hot. With tears in her eyes she said, "Spirit has asked that you take this with you and spread the word of the healing that has taken place." We hugged each other lovingly.

This personal experience reaffirmed my view that we are all aspects of spirit. Knowing and feeling its presence is simply a matter of opening to less dense vibrations. At the Frei Luiz Center, my clear intention created the higher state of awareness necessary for experiencing the wholeness of who I am. Everyone can learn more of their essence by consciously directing intent—it's an interactive process. My thoughts and attitude created the opportunity for transformational change and allowed a greater inflow of spirit into my daily life. The aquamarine crystal reminds me that my indwelling spirit is connected to all things. That Knowing opens absolutely wonderful capabilities to do and be so much more!



TRAVELING THE INTERDIMENSIONAL INTERSTATE

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however, I decided that my financial situation would no longer be an obstacle. With two fellow Australians, Ashley Trucano and Posie Graeme Evans, I signed up for GATEWAY, LIFELINE, and EXPLORATION 27, back-to-back. At worst I'd lose my deposits; at best the Universe would support me unconditionally. It did. Wow! I couldn't wait!

Early on, I discovered that my wishes wouldn't manifest on de-

mand. On the contrary, I never achieved my original goals. They were only the "carrot" to get me there. My heartfelt mission had been to reunite with my father, sister, and nephew, who all passed from physical existence within a three-month period years before. My intense feelings around the deaths had never been expressed. I had worked in Sidney during the week and flown to Melbourne to comfort my broken-hearted eighty-three-year-old mother each weekend.

At the same time, my son's brilliant career as a composer and actor deteriorated and he was hospitalized owing to the complications of major depression.

So, in the isolation of the CHEC unit thousands of miles from home, what happened? Did I leave my body and reunite with Dad, Christine, and Joel? No. I stayed well and truly inside my body and wept uncontrollably for days on end. My trainers reassured me, "Your subconscious mind knows exactly what

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it is doing. You're here for three weeks. The expression of grief is probably essential to clear the way for your next stage of development."

I felt disappointed and ripped-off as other participants shared fascinating experiences. But the trainers were right. Something had changed drastically within me. I felt lighter and more serene. Once emotional baggage was released, I had an unsolicited OOB (out-of-body experience). It was so surprising that I doubted my ability to deal with it.

Suddenly out of body, I encountered a young man who had just departed physical existence. He was confused, agitated, remorseful, and desperate. Cause of death: an accidental drug overdose, not intentional suicide. He said his name was Gary. This scrap of information was accompanied by an overriding urge to ring my daughter, Simone, back in Australia. The incident, dutifully detailed in my journal, was dismissed as imagination. Between each program, Ashley and I stayed at the nearby home of a wonderful lady called Nan. I told Nan about my "imaginary" OOB and the nagging urge to ring Simone. My daughter was pregnant. Perhaps something was amiss. "Ring her," insisted Nan. I did, and learned that OOBs can provide definite and specific information although we may "hear" it a little off-key.

I told Simone that I'd wanted to ring all week. Was she OK? "Yes, I'm fine. Don't worry, Mum, but I've been very upset this week because a friend committed suicide." Temporary silence at my end of the line. "How?" "He took

an overdose of drugs." "What was his name?" "Rory." Wrong name, but close enough. "Simone, he didn't commit suicide. It was an accident." Silence at her end now. "How do you know this, Mum?" "I'll tell you when I get home." I replaced the telephone receiver in stunned disbelief. Rory? Gary? A small error in "hearing." It couldn't be coincidence! From that moment on, I felt like I was getting somewhere, but nothing could have prepared me for what happened next.

It was the first day of the second course, *LIFELINE*. One minute I was in my CHEC unit, the next I was in a cell on death row with a female inmate awaiting execution, and not just with her but tangled in her energy field. There was no awareness of her physical appearance (although I sensed that she was young), but her thoughts and feelings had become my own. My/her feelings fluctuated from acceptance and making peace with God to sheer terror about the leather straps that would bind my body and the lethal injection. Trapped in this reality for a short while, I struggled frantically to escape. As I burst back into normal consciousness, my CHEC unit felt like a prison cell and I clawed at the heavy, black curtain. Slithering to the carpet, I wept uncontrollably and continued to cry, off and on, for hours.

Once again, I judged myself harshly and called the episode "imagination." Part of my work is with imprisoned women. I belong to a support group for women on death row in Florida. Since I'd corresponded with one

of these women, Aileen Warnos, my left brain decided that this had prompted my second imaginary OOB. The intensity of the feeling, the physical collapse, and the weeping were all put down to "more grieving left over from last week." The fact that Aileen would be executed in the electric chair, rather than by lethal injection, was irrelevant from my left-brain perspective. Nonetheless, later I was glad to have shared the experience with the group in our debriefing. Because, upon our release from the "no time zone," Ashley was reading Nan's copy of *USA Today*. Suddenly she gasped aloud. Earlier in the week, the newspaper had announced the proposed February 3 execution of a Karla Faye Tucker in Texas—by lethal injection.

My most profound interdimensional travel experience occurred a couple of weeks after returning home and involved a dual, waking perception of parallel dimensions. I was walking along Balmain Road in Royelle, a suburb of Sydney, after visiting my son in the hospital. It was a hot day, traffic was reasonably heavy, and the narrow sidewalk was blocked by two women with babies in strollers, idly passing the time of day. Not wishing to interrupt their conversation, I stepped off the curb to walk around. At that point, I noticed a commotion on the road ahead. It centered around a young Asian man in rather old-fashioned clothing who was sitting on the street. Several people had parked their cars and were offering assistance. Moving closer, I saw a huge bundle of dirty clothes and other materials tied with thick grass, all piled upside down on the road. Perhaps the boy had been hit by a car. But there was a large, rickety

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THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Nancy Penn Center in Faber, Virginia.

1998

EXPLORATION 27

(For *LIFELINE* Graduates)

June 20-26

November 7-13

GATEWAY VOYAGE

June 27-July 3

July 18-24

August 15-21

August 29-September 4

September 12-18

September 19-25

October 3-9

October 24-30

November 14-20

December 5-11

GUIDELINES

(A Graduate Program)

August 1-7

October 10-16

December 12-18

HEARTLINE

(A Graduate Program)

August 22-28

LIFELINE

(A Graduate Program)

July 11-17

October 31-November 6

PROFESSIONAL SEMINAR

July 25-31

Trainer Development and Assessment Program (TDAP)

September 25-October 2

Hemi-Lync Making Global Connections

Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities. To submit your Hemi-Lync item, write or call the TMI FOCUS, The Monroe Institute.



Electronic Lyncs

Refer to **CYBERSPACE VOYAGERS** for a complete listing of TMI and TMI-related "net surfing" addresses.

TMI is now featured on the Internet Mall™,

FIRST FLOOR: Online Music Shop.

Magazines

In "The Missing Piece of the Puzzle," *Avatar Journal*, vol. 12, no. 1, winter 1998, Avatar instructor Brenda Jones-Rafferty lists the **GATEWAY VOYAGE** as one of the "better" growth programs she explored in her search for ways to release sabotaging beliefs.

Mentions

The Endometriosis Sourcebook, revised edition, Contemporary Books, 1995, devotes four full pages of its surgery section to executive director Mary Lou Ballweg's successful use of the **SURGICAL SUPPORT SERIES** during laparoscopic surgery. The American Endometriosis Association keeps quantities of these tapes in stock for members.

Newsletters

"Consciousness Education and Training: The Next Frontier for HRD," by OUTREACH Trainer Patricia Leva appeared in the March/April issue of *Vantage Point*, the newsletter of the Rocky Mountain Chapter of the American Society of Training and Development. Patricia described the work of Bob Monroe and TMI as helping to form the body of knowledge for this newly emerging field of practice.

Appearances

On April 30, 1998, TMI research director F. Holmes "Skip" Atwater traveled to Tucson, Arizona, to present "Inducing propitious states of consciousness via cortico-thalamic adaptation" as part of *Toward a Science of Consciousness 1998, Tucson III*. Subscribers to the *Journal of Consciousness Studies* will find the abstract of this paper under "Experiential Approaches" in the *Consciousness Research Abstracts*. Skip has been a featured presenter at all three Tucson conferences.

Books

The following titles are available from Interstate Industries, Inc.

Robert A. Monroe's trilogy:
JOURNEYS OUT OF THE BODY
FAR JOURNEYS

ULTIMATE JOURNEY

Healing Myself, by Gari Carter

Mind Trek, by Joseph McMoneagle

Using the Whole Brain, edited by Ronald Russell

Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you. **Please inform us promptly of changes in location and phone/fax numbers.** Call (804) 361-9132 if you wish to be removed from the list.

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cart with wooden wheels which appeared to have carried the scattered load. The foul stench emanating from it made me step backward, hand against my nose. On the cart were dirty, handwoven blankets, two half-dead goats, and bamboo crates housing a scrawny cat, several chickens, and even a small baby. There were bamboo cupboards, wooden boxes, an assortment of primitive tools, flaps of raw meat covered in flies, and two small children tied on the cart's side with twine. An older man, dressed like the youth, scurried back and forth from a broken-down shanty, throwing even more rubbish onto the heavily laden cart. The shack itself was engulfed in mist and stood in brown, murky water.

The primitive scene was as real as the slowing cars and honking horns around me. The Royelle University campus was on my left and the hospital I'd just visited was on my right. The swamp, shack, and cart occupied a space in the middle of Balmain Road. Vomit rose in my throat. I leapt back onto the sidewalk. "Are you alright?" one of the women asked. "Just the heat," I replied, "I've not been well." What else could I say? The primitive scenario faded and traffic ran smoothly. By the time I reached home, my mind was insisting "imagination" once again. There was only one problem with that: I could still smell the stench. The incident is in my journal, and I've suspended all disbelief.

It's now March and I'm still processing the side effects of my three weeks at TMI. I see auras more clearly than ever before. I'm trusting my intuition more and accepting without equivocation that we are much, much more than our physical bodies. Once, this was only a belief. Now I *know* it to be true. My journey so far reminds me of a passage in *Mind Trek*, by Joseph McMoneagle. Joe quotes Maurice Nicoll as saying, "We know only a limited reality, which is characterized by the passage of time. But the ultimate cause and origin of all things is not a million years ago. It is outside time. Now."



If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The *OUT-REACH* Trainers and facilitators listed on the *Expanded Workshop* insert also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.

PSI AND HEMI-SYNC (PART 1)

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out-of-body experiences (OOBEs), near death experiences (NDEs), reincarnation, apparitions, poltergeists and mediumship are also addressed. Robert Monroe's OOBE lab work is included, along with lectures on scientific theories of OOBEs. In workshops, students have the opportunity to take part in laboratory psi experiments as subjects and experimenters. While much of the course material is quite technical and includes statistical and mathematical analysis of laboratory data, I felt enriched—despite my non-science background—by learning how to decipher the scientific jargon.

Some ongoing ESP experiments at the RRC use custom-created, non-verbal Hemi-Sync tapes to induce altered states of consciousness (ASC). Research has shown that people most often report psychic phenomena while in such states. Psi-conducive characteristics associated with ASCs include a physically relaxed state, reduced physical arousal, reduction in sensory input, increased awareness of internal processes, and increased right hemisphere functioning. These characteristics were reflected in my own experiences with Hemi-Sync. Consequently, as part of the SSP course, I designed an experiment to test the effectiveness of Hemi-Sync during a double-blind ganzfeld/ESP test. The ganzfeld technique is a mild form of sensory isolation. With translucent eye covers, the red lighting in the room is perceived as pink by the participant and, combined with "pink noise" heard over headphones, induces a mild ASC. There are two participants, a sender and a receiver. The target is randomly

selected by computer from a pool of 156 different targets. My experimental design would involve a minimum of 100 participants and take about a year to conduct. A Hemi-Sync tape would replace the pink noise usually employed in the ganzfeld. Upon formal presentation to the staff and students, my idea was well-received. There was general agreement that it would be a worthwhile experiment. Unfortunately, the usual shortages of funding and staff are limiting factors.

During this intensive course, we learned of a fascinating recent discovery by researcher James Spottiswoode. There appears to be a correlation between enhanced ESP performance and a particular slot of Local Sidereal Time (LST) around 13:30. LST refers to "star time" and is based on the specific chunk of sky overhead at varying times of our solar day. Spottiswoode is Director of Research for the Cognitive Sciences Laboratory, set up by Dr. Ed May after the end of the government-funded remote viewing program, in which Joseph McMoneagle was an outstanding participant. Spottiswoode's research, first published in the *Journal of Scientific Exploration*, Volume 11, No. 2, summer 1997, correlates an LST window of approximately two hours duration with enhanced psi performance. There is also equally strong evidence that psi functioning falls off around 18h LST. These initial studies imply that *something* in the cosmos is affecting psi during these times. Spottiswoode's analysis of lab data covering a twenty year period showed an incredible 450% increase in ESP performance during

a particular LST slot. Researchers at RRC and other centers are now trying to schedule their lab tests, when convenient, during this window.

Just what is this influence and how does it work? This is yet to be discovered. One speculation is that when the earth is oriented in this 13:30 LST slot, there is less "galactic noise," which may lead to enhancement of anomalous cognition (AC). LST is not the same as solar time. There is a difference of almost four minutes per day. Thus, the relationship to our solar time migrates throughout the year. In other words, 13:30 LST equivalent solar time changes daily. Spottiswoode's latest findings show a relationship between geomagnetic field fluctuations, solar wind and AC. It is theorized that some component of solar activity is modulating the amount of AC observed in the laboratory. (See Parapsychological Association 40th Annual Convention, Proceedings of Presented Papers, 1997).

So what does all this LST stuff mean for us? Well, for me, it confirmed something I have long known intuitively—that we are children of the universe, intimately connected to the cosmos. After all, our bodies are composed of star dust. That scientists are now researching this connection is encouraging. Their findings may eventually bridge the philosophical and the scientific disciplines. My foray into the scientific study of psi has been of enormous personal benefit. Nicely complementing the TMI experience, it has led me to a more complete integration and understanding of those magical encounters that occur when inwardly focused—surfing the "Innernet!"